# TRUNK RELEASE MANEUVER (TRM)

## USE WHEN

- Care plans require the *patient to remain in bed, sitting upright.*
  - Patient cannot assist to sit up or reposition them self in bed.

## KEY POINTS

- Preferable to have two caregivers.
- TRM cannot be used with a patient who has had a recent hip replacement or rib fractures.

## EQUIPMENT REQUIRED

- Repositioning slings (if already under patient) AND any one of: transfer belt, band sling, sliding sheet, or flat sheet.

## KEY POINTS

- Patients who require assistance to perform a trunk release will also require assistance with other repositioning and therefore should have a repositioning sling (if ceiling lift available) or low friction sliding sheet under them at all times.

## PREPARATION

- Explain the procedure to the patient and tell them what they can do to assist: lean forward and pull self up with bedrails, as able.
  - Put bedrails up and ensure bed brakes are locked.
  - To position the patient/client/resident in a high-sitting position, raise the foot of the bed first and then the head of the bed, to the intended position.

**If the patient is on a repositioning sling,** walk from one side of the bed around to the other to feed the transfer belt/band sling/sliding sheet or flat sheet through the end loops of the repositioning sling straps positioned behind the patient’s upper back and shoulders.

## PROCEDURE

- Stand at the foot of the bed, facing the patient/client/resident.
  - Grasping both ends of the transfer belt/band sling/sliding sheet or flat sheet with the hands in a neutral or “palm-up” grasp, use a weight shift (from front leg to back leg) to pull the patient forward in bed, releasing their trunk from the mattress.
  - Make the patient comfortable and adjust the bedrails as needed.

## KEY POINTS

- Using a neutral or palm-up grasp encourages the caregiver to keep their elbows tucked in, protecting the shoulders.
  - Weight shift ensures that thigh muscles are used, rather than the upper body or back.
  - If the head of the bed is raised again after the trunk release has been completed, this procedure must be repeated to ensure reduction in shearing forces against the patient/client/resident.

*The term patient may be applied to a patient, client, or resident depending on context used.*